

## CLASS DESCRIPTIONS

**ALIGNMENT YOGA** Positioning the body in a way that allows the full benefit of the pose while avoiding injury.

**AQUA JOGGING** This deep end class involves intervals of jogging, running and sprinting designed to increase heart rate and burn calories.

**AQUA STEP** A High impact cardio and strength class in a low impact environment to work your abs and lower body muscles.

**AQUA ZUMBA** Integrates the Zumba formula with traditional aqua fitness disciplines to create a fun, exhilarating workout.

**ARTHRITIS AEROBICS** Shallow water class designed for people with arthritis and other related conditions to improve overall function.

**BARRE** This class offers a full body toning workout utilizing added props for additional resistance training.

**BARRE<sup>2</sup>** A challenging, fun filled mind and body workout on and off the barre.

**BEGINNING YOGA** Suitable for 1st timers or a refresher.

**CARDIO STEP** These classes are designed to train the cardiovascular system, decrease stress, and improve body composition.

**CHAIR ZUMBA GOLD** Zumba Gold which is practiced sitting in chair.

**COAST INDOOR CYCLING** Follow cues as you pedal with resistance on stationary bikes. Our instructors will modify based on fitness level.

**DEEP WATER AEROBICS** Deep water class designed for sedentary adults to improve overall function, performance and balance.

**DREAMY RESTORATIVE YOGA** Uses props and poses that are held for several minutes to release stress as the body relaxes.

**GENTLE MEDITATIVE YOGA** Combines meditation with less intense poses by using modifications.

**GLIDE FLOATING FITNESS** Core based workout incorporating Yoga, Pilates and cardio on floating mats to improve strength and balance.

**INTERMEDIATE YOGA** Geared for those who practice Yoga regularly with added intensity and more complex postures.

**LIQUID PILATES** Deep water class that focuses on core strength, body mindfulness, control, and balance.

**PILATES** Focus on developing strength, flexibility and coordination through the core of the body--the back, abdomen and hips.

**POUND FITNESS** This class is a full-body cardio jam session, combining light resistance with constant simulated drumming.

**SILVER SNEAKERS CLASSIC** Low impact workouts to improve strength, flexibility, posture and balance. Exercise at your own pace.

**STRENGTH & BALANCE** Tone your body and core to improve balance and stability.

**STRENGTH & CONDITIONING** Full body class combines weights, bands, body bar, and ball to concentrate on major muscle groups.

**STRONG** High intensity interval training in sync to music.

**TABATA** High-intensity interval training workout that features multiple short timed exercises.

**TRX BASIC** TRX Strap workout that will build strength while improving flexibility and balance.

**TRX BLAST** Engage all your muscles with this non-stop circuit style workout that includes TRX straps.

**VINYASA YOGA** Coordinated movement with breath to flow from one pose to the next.

**WATER AEROBICS** This fun and exciting program improves cardiovascular endurance, muscular strength, flexibility and range of motion.

**WATER DRUMMING** Cardio water workout incorporating drum rhythm and latin beats while using drumming sticks to add resistance.

**YOGA** Uses slow stretching movements to increase flexibility, balance, and relieve stress.

**ZUMBA** A fun aerobic class teaching you dance movements inspired by various styles of Latin American music.

**ZUMBA GOLD** Geared towards exercise "newbies", physically limited or inactive older adults.

**ZUMBA TONING** Uses light hand weights along with dance to build strength and condition.

*Fun • Family • Fitness*

# FITNESS CLASS SCHEDULE

EFFECTIVE DATE: APRIL 1, 2019

## DAVID L. BODENHAMER CENTER

310 West 19th Avenue

251-968-1420

**Monday - Friday 5:30a - 9p**

**Saturday 8a - 6p Sunday 1p - 6p**

## AQUATICS CENTER @ BODENHAMER

General Swim **Mon-Fri 1p - 3p, 6p - 9p Sat 8a - 6p Sun 1p - 6p**

Lap Swim **Mon-Fri 6a - 3p, 6p - 9p Sat 8a - 6p Sun 1p - 6p**



## STUDIO FITNESS @ THE CULTURAL CENTER

19470 Oak Road West (County Rd 6)

251-968-9813

**Monday - Friday 6a - 7p**

Times and dates are subject to change

RECREATION & CULTURAL AFFAIRS



@City\_GulfShores



[www.gulfshoresal.gov](http://www.gulfshoresal.gov)

M	MONDAY	Instructor	Location
6:15 AM	Coast Indoor Cycling ★	Mo	CC
6:15 AM	TRX Basic ★	Tracy	CC
7:00 AM	Pilates / Jogging Combo	Bonnie	BRP
7:30 AM	Tabata ★	Tracy	CC
7:30 AM	Strength+Conditioning	Beth	BRC
8:00 AM	Arthritis Aerobics	Bonnie	BRP
8:00 AM	Gentle Meditative Yoga	Jan	PH
8:30 AM	Cardio Step	Beth	BRC
9:00 AM	Strength+Balance ★	Tracy	CC
9:00 AM	Aerobics	Bonnie	BRP
9:30 AM	Strength+Conditioning	Beth	BRC
10:00 AM	Liquid Pilates	Bonnie	BRP
10:30 AM	Zumba Gold	Sherie	BRC
11:00 AM	Aqua Jogging	Bonnie	BRP
11:30 AM	Vinyasa Yoga	Adwiti	PH
12:00 PM	Alignment Yoga	Candice	BRC
12:00 PM	Deep Water Aerobics	Jennifer	BRP
12:00 PM	Glide Floating Fitness <i>RES</i>	Bonnie	BRP
5:15 PM	Barre <sup>2</sup>	Mo	PH
5:30 PM	Coast Indoor Cycling ★	Connie	CC
5:30 PM	TRX Level 2 ★	Jen	CC
5:30 PM	Zumba	Sherie	BRC
6:30 PM	Pound Fitness (1/2 hr)	Sherie	BRC

T	TUESDAY		
6:15 AM	Coast Indoor Cycling ★	Tracy	CC
7:00 AM	Pilates	Bonnie	BRC
7:30 AM	TRX Blast ★	Tracy	CC
8:00 AM	Gentle Yoga	Bonnie	BRC
8:30 AM	Zumba Toning ★	Sherie	CC
9:00 AM	Aerobics	Kelsey	BRP
9:00 AM	Pilates	Bonnie	BRC
9:00 AM	Beginning Yoga	Margit	PH
9:30 AM	Barre ★	Tracy	CC
10:00 AM	Liquid Pilates	Bonnie	BRP
10:00 AM	Zumba	Alejandra	BRC
10:00 AM	Beginning Yoga	Margit	PH
11:00 AM	Beginning Yoga	Margit	BRC
11:00 AM	Aqua Jogging	Bonnie	BRP
11:00 AM	Aqua Step	Sherie	BRP
12:00 PM	Intermediate Yoga	Margit	BRC
12:00 PM	Aerobics	Sherie	BRP
12:15 PM	Coast Indoor Cycling ★	Tracy	CC
2:00 PM	Silver Sneakers Classic	Sherie	BRC
5:30 PM	TRX Basic ★	Tracy	CC
5:30 PM	Intermediate Yoga	Connie	BRC
5:30 PM	Coast Indoor Cycling ★	Mo	CC
6:00 PM	Glide Floating Fitness <i>RES</i>	Bonnie	BRP

W	WEDNESDAY		
6:15 AM	Coast Indoor Cycling ★	Mo	CC
6:15 AM	TRX Basic ★	Tracy	CC
7:00 AM	Pilates / Jogging Combo	Bonnie	BRP
7:30 AM	Tabata ★	Tracy	CC
7:30 AM	Strength+Conditioning	Beth	BRC
8:00 AM	Arthritis Aerobics	Bonnie	BRP
8:30 AM	Cardio Step	Beth	BRC
9:00 AM	Strength+Balance ★	Tracy	CC
9:00 AM	Aerobics	Bonnie	BRP
9:30 AM	Strength+Conditioning	Beth	BRC
10:00 AM	Barre ★	Mary A	CC
10:00 AM	Liquid Pilates	Bonnie	BRP
10:30 AM	Zumba Gold	Sherie	BRC
11:00 AM	Aqua Jogging	Bonnie	BRP
11:30 AM	Vinyasa Yoga	Adwiti	PH
11:30 AM	Pound Fitness (1/2 hr)	Sherie	BRC
12:00 PM	Alignment Yoga	Candice	BRC
12:00 PM	Deep Water Aerobics	Jennifer	BRP
12:00 PM	Glide Floating Fitness <i>RES</i>	Bonnie	BRP
12:15 PM	Coast Indoor Cycling ★	Connie	CC
5:15 PM	Barre <sup>2</sup>	Mo	PH
5:30 PM	Zumba Toning	Sherie	BRC
5:30 PM	TRX Level 2 ★	Jen	CC
6:30 PM	Pound Fitness (1/2 hr)	Sherie	BRC

Th	THURSDAY		
6:15 AM	Coast Indoor Cycling ★	Tracy	CC
7:00 AM	Pilates	Bonnie	BRC
7:30 AM	TRX Blast ★	Tracy	CC
8:00 AM	Gentle Yoga	Bonnie	BRC
8:30 AM	Zumba Toning ★	Sherie	CC
9:00 AM	Aerobics	Kelsey	BRP
9:00 AM	Pilates	Bonnie	BRC
9:00 AM	Beginning Yoga	Margit	PH
9:30 AM	Pound Fitness (1/2 hr) ★	Sherie	CC
9:30 AM	TRX Blast ★	Tracy	CC
10:00 AM	Liquid Pilates	Bonnie	BRP
10:00 AM	Zumba	Alejandra	BRC
10:00 AM	Beginning Yoga	Margit	PH
11:00 AM	Beginning Yoga	Margit	BRC
11:00 AM	Aqua Jogging	Bonnie	BRP
11:00 AM	Aqua Step	Sherie	BRP
12:00 PM	Intermediate Yoga	Margit	BRC
12:00 PM	Aerobics	Sherie	BRP
12:15 PM	Coast Indoor Cycling ★	Tracy	CC
2:00 PM	Silver Sneakers Classic	Sherie	BRC
5:30 PM	TRX Basic ★	Jen	CC
5:30 PM	Intermediate Yoga	Connie	BRC
6:00 PM	Glide Floating Fitness <i>RES</i>	Bonnie	BRP

F	FRIDAY		
7:30 AM	Strength+Conditioning	Beth	BRC
8:00 AM	Arthritis Aerobics	Bon/Kel	BRP
8:00 AM	Gentle Meditative Yoga	Jan	PH
8:30 AM	Cardio Step	Beth	BRC
9:00 AM	Aerobics	Bon/Kel	BRP
9:00 AM	Barre ★	Jennifer	CC
9:00 AM	Dreamy Restorative Yoga	Jan	PH
9:30 AM	Strength+Conditioning	Beth	BRC
10:00 AM	Liquid Pilates	Bon/Kel	BRP
10:30 AM	Zumba Toning	Sherie	BRC
11:00 AM	Aqua Jogging	Jennifer	BRP
12:00 PM	Deep Water Aerobics	Jennifer	BRP
12:00 PM	Vinyasa Yoga	Adwiti	BRC

F	FRIDAY <i>continued</i>		
12:15 PM	Coast Indoor Cycling ★	Tra/Con	CC
2:00 PM	Chair Zumba Gold	Sherie	BRC

S	SATURDAY		
8:00 AM	Aerobics	Sherie	BRP
9:15 AM	Pilates	Jen	BRC
9:15 AM	Aqua Zumba	Sherie	BRP
10:15 AM	Vinyasa Yoga	Jan	BRC
11:15 AM	Zumba	Sherie	BRC
12:30 PM	Strong	Sherie	BRC

- ★ RSVP Classes
- Drop-In Floor Classes

● Drop-In Water Classes
- RES* Pre-Reservation Classes *(all members-up to 72 hrs advance)*

\$10.00 daily aerobics pass

RSVP class - \$10 each

RECPASS Members - INCLUDED

SPLASHPASS Members - Water classes Included

FITPASS Members - Floor classes included

*BRC* - Bodenhamer Center

*BRP* - Bodenhamer Pool

*BRG* - Bodenhamer Gymnasium

*CC* - Cultural Center

*PH* - Pool House @ BRC

**NO CLASSES** 4th of July, Thanksgiving Day, Thanksgiving Friday, Christmas Eve, Christmas Day, New Year's Eve, & New Year's Day

To provide the safest environment possible, drop-in class sizes are monitored by the instructor and are on a first come, first serve basis

★ RSVP / PRE-RESERVATION FITNESS CLASS POLICY

**RESERVATION** Must be 15 years of age or older to participate. Members can register in person or call 72 hours in advance to RSVP - voicemails not accepted. All patrons can reserve up to 24 hours in advance in person, by phone or online at [www.gulfshoresal.gov/recreationregistration](http://www.gulfshoresal.gov/recreationregistration). Please arrive 15 minutes prior to class start time. Late entry is strictly prohibited. Walk-ins welcome when space is available. Wait lists available.

**CANCELLATION** Reservations must be cancelled 3 hours prior to the scheduled class time in person or by calling Studio Fitness at (251) 968-9813. Voicemail cancellations are acceptable. **NO-SHOWS** will be charged a \$10 missed class fee and must be paid prior to further participation.

**ALL SALES ARE FINAL** Classes that are purchased and cancelled within the necessary time frame will be credited to the users account.